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# Introducing On-Site Aquatic Therapy

Therapy Services Provided By Functional Pathways

Conducted in a heated pool by a certified, licensed therapist. There are three main reasons that Aquatic Therapy is an excellent choice for you.

## Why Aquatic Therapy

1. You will feel lighter while in the water which makes movement and exercise easier. This is especially important if you have pain and difficulty with weight bearing activities, such as walking and moving around.
2. The pressure from the water on your body will have a soothing effect for painful conditions.
3. Water is denser than air which will provide a natural resistance as you move.

If you feel you would benefit from aquatic services, talk to your physician. We will need a physician's order to initiate your individualized plan of care.

## Common Conditions/Diagnoses Treated

- Orthopedic Knee Surgery
- Pain
- Stroke
- Gait Analysis
- General Weakness
- Osteoarthritis
- Balance Problems or Falls
- Fractures

## Benefits of Aquatic Therapy

- Improves Circulation and Cardiovascular Stamina
- Reduces Joint and Arthritis Pain
- Improves Flexibility, Mobility, and Balance
- Promotes Healing and Strengthening of Injured Tissue



For more information or to schedule your first session, please contact:  
**Name Here**, Director of Rehab. Visit us at [website](#).

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